

KINCARE NEWSLETTER

MARCH 2014

There are several exciting things happening for us in the coming months!

Firstly, is our annual “My Family, My Story” art contest!



We will be accepting entries starting **April 1st** with entries needing to be postmarked by **May 31st**

This newsletter includes one entry form.

If you need more copies of the entry form, call **2-1-1**, or, call me at 208-799-4385 and I will mail them out to you.

Second, we are going to be having Elaine K. Williams, KinCare speaker and author of “The Sacred Work of Grandparents” come to Lewiston to speak about current KinCare issues.

This is going to be a FREE event, so come one, and come all!

Also, we are starting a KinCare Support Group in Lewiston, ID in April!

Eat Together For Success



Why Are Family Dinners Important?

Research studies highlight the power of family dinners. The National Center on Addiction and Substance Abuse (CASA) at Columbia University has found that teens who eat dinner frequently with their family are:

- Only half as likely to use tobacco
- Half as likely to use alcohol
- Less likely to use marijuana

The same is true with grades in school:

- Teens who eat fewer than 3 family dinners per week are twice as likely to earn C's and lower grades.
- But -- Teens who eat 5-7 family dinners per week are more likely to get A's and B's!

Keep in Touch!

Do you have a new phone number or new address?

Please call 208-799-4385 or email smithb@dhw.idaho.gov so we can keep you informed of important updates and opportunities for you and your family.

Thank you!

Ideas to Help You Eat Together

1. It doesn't have to always be supper. If breakfast and lunch work better, that's fine.
2. Change the culture! As adults in the home, set the tone, and help everyone join.
3. Create fun. Mealtime starts with prep, savory odors in the kitchen. Remember your Mother humming while she worked?
4. Everyone around the table shares in conversation.
5. Eat balanced, healthy meals and vary the menu to please.

**Lewis-Clark State College Native
American Club Presents
27th Annual Native American Awareness Week**

POWWOW
Friday, March 21st, 2014
7:00 – Midnight
LCSC Activity Center
Lewiston, ID

Dance Categories

Tiny Tots: Age 0-6
Boys & Girls: Age 7-12
Teen Boys & Girls 13-18
Men's & Women's: 19 and up

*Traditional
*Fancy and Grass Combined
*Fancy and Jingle Combined
Men's and Women's: Golden Age

All Drums Welcome
w/5 singer minimum

Concessions Only:
Native American Club & Sodexo
Food Services

Welcome:
Arts & Crafts Vendors

For More Information:
(208) 792-2812 or
bsobotta@lcsc.edu



Thanks to the following Native American Awareness Week Supporters:
Lewis-Clark State College, Idaho Humanities Council, Associated Students of LCSC, Presidents Diversity Council,
Columbia River Inter-Tribal Fish Commission, Nez Perce Tribe, Clearwater River Casino, Warrior

Idaho KinCare Project



Idaho KinCare Project
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